

PARENT & CAREGIVER WORKSHOPS

CAPACITY CAFES

A unique opportunity for caregivers to hear and learn from the lived experience of youth. Youth are invited to speak openly about issues they consider important to them and their peers.

BUILDING BRIDGES PART I - THE ABC'S OF PARENTING TEENS

This **pre-recorded** presentation offers insight into adolescent development, tools to support teenagers and responses for risk-taking behaviors

OTHER RESOURCES FOR FAMILIES

TOBACCO & VAPOUR REDUCTION PROGRAM

This program is presented by our community partner, **Vancouver Coastal Health**, and facilitates educational, open dialogue sessions with parent groups. Please contact smokefree@vch.ca for more information.

WHITE HATTER

Digital literacy and internet safety presentations for caregivers <https://thewhitehatter.ca/parents-caregivers/>

KELTY MENTAL HEALTH

Kelty helps families navigate the mental health system, connect with peer support and access resources and tools to support well-being <https://keltymentalhealth.ca/parents-caregivers>

FAMILY SMART

Family Smart has a variety of parent support, webinars, workshops and resources for families <https://familysmart.ca/resources/>

FOUNDRY

Foundry offers groups & workshops for young people ages 12-24 and their families <https://foundrybc.ca/virtual/groups-workshops/>

RESPONSIVE PARENTING

6-week psychoeducation sessions for caregivers of youth struggling with substance use issues and how to respond to their youth's needs. These sessions are by referral to your SACY parent worker only.

BUILDING BRIDGES PART II - COMMUNICATION STRATEGIES WITH YOUR TEENS

This 2-hour interactive workshop builds on part one and offers an opportunity to interact and connect with other caregivers to learn, practice, and apply skills such as communication and connection in order to better support your relationship with your teen.

CONNECT PARENT GROUP

Connect is a 10-week program to support caregivers of teens. Parents meet in small groups. Each 90-minute session provides parents with a new perspective on parent-teen relationships and adolescent development. <https://www.connectattachmentprograms.org/join-a-group/british-columbia>

PARENTS TOGETHER & IN THE KNOW

Parent Group Support and education for caregivers of youth aged 12-24 years old. <https://www.bgcbc.ca/counselling-support-services/parent-group-support/>

MOSAIC

Newcomer services to further the success and sense of belonging of individuals from diverse backgrounds. <https://www.bgcbc.ca/counselling-support-services/parent-group-support/>

YOUTH SUBSTANCE USE SERVICES

Vancouver Coastal Health's free youth substance use services include prevention, counselling and treatment to meet the needs of youth struggling with substance misuse. <https://www.vch.ca/en/health-topics/youth-substance-use-services>